



May E-Newsletter, 2010

Topic: The Pregnant Moms Mother's Day

Dear Friends,

Happy Mother's Day! While you have likely celebrated Mother's Day your entire life, this year represents a new chapter...YOU are the one being celebrated! Whether your baby is still enjoying the lazy days growing in-utero or has joined you here on the outside...you are still a mommy and deserve to be celebrated! So take a moment for yourself and savor the fruits of your labor...

Enjoy!

Nurse Wendy

The Pregnant Moms Mother's Day

Being a mother is truly one of the most selfless things a woman can do. From the beginning of pregnancy, you give to your unborn child and share not only your body, but all your heart and soul with your developing baby. While some believe that Mother's Day should not be celebrated until your baby makes his debut, your sacrifices and gifts should absolutely be celebrated! Make this a year you will never forget by enjoying every moment of your very special day...you deserve it! Here are a few ways that you can make certain your first Mother's Day is all that it should be:

- **Take advantage of your last days as a twosome and take a romantic getaway.** Be creative and find a little inn or bed and breakfast where you can relax and enjoy some time for yourselves.
- **Celebrate your belly!** Plan a belly casting, or just get some simple body paints and make your own creation on your belly. Be sure to take lots of photos for the scrapbook, and most importantly have fun!
- **Schedule a relaxing pregnancy massage.** Pregnancy demands a lot on your body and can provide you with extra aches and pains. It is amazing what a mere one hour massage can do to alleviate the common discomforts to make you feel like a million bucks! A word of caution, make certain your therapist is certified in pregnancy massage.
- **Schedule a portrait session for some photos of you, your baby, and your partner.** Your body is changing daily...capture these changes with your first family portrait. In the coming years you will be so glad that you did! Have fun and be creative.



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The Experienced Mom's Mother's Day

A mother's love is truly one of the most powerful forces on this earth. However, once your baby makes his or her appearance, celebrations take on a whole new look. In just a few short years, you will be showered with unique gifts such as macaroni necklaces and handmade cards. These are some of my greatest treasures that bring a tear to my eye to this day. With a new baby, you may have to settle for a toothless grin while you nurse at 3:00 in the morning. And while you may not receive the hearty "thank you mom" that you deserve from your little one, your baby will show you in their own small ways that they are grateful for all you have done to bring them to the world!

On that note, those closest to you may have to step up to the plate and show you their appreciation for your hard work and dedication as a mommy! Here are a few subtle suggestions (feel free to forward this email to the appropriate people) which you may make to ensure you get the appreciation that is deserved:

- ***Breakfast in Bed.*** Over my life as a mom this tradition has had many different incarnations. From a lovely gourmet presentation complete with roses from my partner to soggy cheerios in milk made lovingly by my kiddos, being recognized first thing in the morning is a great way to feel loved and appreciated.
- ***A "Girls" Afternoon.*** New moms can often feel isolated and like their friendships get put on the back burner. Having an afternoon out, by having lunch or shopping with her girlfriends and family is a wonderful way for her to not only nurture her relationships, but to relax and recharge her batteries.
- ***A Shopping Spree.*** Becoming a mom can take a toll on a woman's body. Reward her with a gift certificate or trip to her favorite store for a new outfit that will fit her changing shape. The perfect outfits that fit just right will make her feel beautiful and truly appreciated.
- ***Never underestimate the power of jewelry.*** What woman does not like to receive a little velvet box? A small piece of jewelry that represents her transition into mommy-hood will be something she will wear proudly, and it does not necessarily need to break the bank.



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Celebrate Your Baby

If you are expecting or a seasoned mom, use Mother's Day as a day to celebrate your baby, as well. Write your baby a letter thanking them for being a part of your family and your life. Outline the joys, hopes and dreams you have for your child and tuck it away in their baby book. Years from now, your child can read about just how special they are to you.

However you chose to celebrate your special day, remember that you are an incredible woman who is giving the greatest gift a woman can give--motherhood!

Happy Mother's Day to you!

Sincerely,

Nurse Wendy

Ask Nurse Wendy:

Dear Nurse Wendy,

I am so excited to be pregnant, but I'm so tired all the time! I am finding that I can barely keep my eyes open in the afternoon. Why am I so tired and what can I do about it? I am so afraid I'm going to fall asleep on my desk at work.

Sincerely,

Sleepy in Santa Margarita

Dear Sleepy,

Fatigue in pregnancy is very normal. Many changes are occurring as your pregnancy develops, and most pregnant women experience fatigue and an increased need for sleep. Lower blood pressure levels, lower blood sugar levels, and hormonal changes due to the effects of progesterone, metabolic changes, and the physiologic anemia of pregnancy all can contribute to your exhaustion. It is important to listen to your body and take naps whenever possible. Also, make certain you are getting enough sleep at night



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and limiting your caffeine intake. A brisk walk or exercise each day will also help to boost your energy to keep those eyes open in the afternoon. Women should check with their healthcare provider to determine if an additional prenatal vitamins, and/or supplemental iron would be beneficial.

QUESTIONS?

Email me at: AskNurseWendy@PacifiCord.com

Resources:

Photography: www.loridorman.com

Belly Casts: www.castingkeepsakes.com
www.babooshbaby.com

Massage: www.stressbustersspa.com
www.theknotstop.com